

LABFITNESS

Starts
1st July 2019
in our new studios

www.labfitness.com

087 6314752



TIME	CLASS	LENGTH	
MONDAY			
10 am	Instructor's choice	55 min	During School term
5.30 pm	Spinning	30 min	Booking advised
6.15 pm	Hot Yoga	75 min	Booking advised
7.45 pm	Hot Yoga	75 min	Booking advised

TUESDAY

7 pm	Skinny Jeans	55 min	
------	--------------	--------	--

WEDNESDAY

3 pm	Kids Gymnastics	55 min	Age 4-6
4 pm	Kids Gymnastics	55 min	Age 7-12
5.45 pm	Spinning	30 min	Booking advised
6.15 pm	Step	45 min	
7 pm	Rebounding	30 min	Booking advised
7.30 pm	Pump'n'lift	55 min	

SATURDAY

8 am	Hot yoga	60 min	Booking advised
9.30 am	Instructor's choice	55 min	
10.30 am	Kids Gymnastics	55 min	Age 4-7
11:30 am	Kids Gymnastics	55 min	Age 8-12

- Classes available pay as you go or as part of a 30 day class pass
- Pay as you go €8 fitness, €10 Hot yoga.
- Monthly pass: 8 classes €55, 12 classes €69, unlimited €99
- Passes are non refundable or transferable and cannot be used after expiry date.



Unit 15a Boyne Business Park, Drogheda